





## Identify Stressors

- **CONSIDER POSSIBLE STRESSORS IN ALL 5 DOMAINS**
- Overtired
- Over stimulated
- Hunger, Dietary Sensitivities, Allergies
- Difficulty with Language or Social Skills
- Anxiety, Fear or Worry
- Attention, Executive Function Deficits

## Reduce Stressors

- Limit Screen Time
- Consistent Sleep Routine
- Healthy Balanced Eating
- Regular Physical Activity
- Reduce Distractions

## Strategies

- **TEACH and PRACTICE SELF-REGULATION SKILLS AND STRATEGIES**
- Social skills group
- Noise cancelling headphones, fidget tools, sensory breaks
- Break tasks down step by step
- Provide visuals, checklists, step-by-step instruction
- Individualized support and intervention, based on areas of stress, strength and need